




Instant lunch for four....



standuponit
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MOOD: 😊 complacent

MUSIC: Blitzen Trapper - Furr

(or more)

First, mix some powdered wasabi with water in a small bowl, cover, and set aside to cure.

Into a very large pot of boiling water, dump two bags of whole wheat egg noodles and a bag of frozen shelled edamame and simmer until cooked. While that is simmering, take about twelve ounces of beef and cut it into cubes. Dredge the cubes with powdered garlic, powdered ginger, black pepper, and a tiny bit of salt. Sautee the cubes in enough sesame oil to just put a shine on the bottom of the pan, making sure they brown.

While they are browning, dilute the wasabi with an ounce or so of good soy sauce.

Turn off the sautee pan. Drain the noodles and edamame. Dump the drained noodles and edamame into the sautee pan. Dump the soy sauce and wasabi mixture over the noodles. Have your friends line up with bowls.

Failure modes: Either you burned the beef and cooked the noodles into mush (pay more attention!) or everything is still mooing and crunchy (cook it longer!!) Or perhaps you overspiced or underspiced, in which case, adjust!

Feeds two normal people and two very hungry ones. Especially if somebody had the foresight to make doughnuts for dessert. This can pretty obviously be made easily in smaller batches, or even scaled larger if you want.

TAGS: [recipes](#)



This looks like a
good idea.

...


This.

...

Little guy's not
bad.

Gotta teach RHex
to smear.



4 comments

I own
an almanac.  trinker
January 6 2009, 22:34:16 UTC COLLAPSE

...if you take the wasabi powder paste, and mix it really well (I'm forgetting the English word here...umm...grind it really well the way you would with a pestle in a mortar to make a smooth paste.), you'll get more pungent wasabi.



I often remind people to drain the noodles at the just a little harder than al dente point, because the noodles will absorb more liquid from the sauce and get gloppy if you wait until "done enough".

Should also be good with soba noodles, if you have any on hand!



  standuponit
January 7 2009, 14:59:41 UTC COLLAPSE

Good tips! Thank you.

Mmm. Soba.

  colomon
March 1 2009, 00:05:52 UTC COLLAPSE

Not bad. Seems like it could use more sauce, it came out very dry...

  standuponit
March 1 2009, 00:13:13 UTC COLLAPSE

It's not supposed to be particularly saucy, but you could easily make it wetter!